



2006 NEHC Conference

# Physical Activity Program!



Photo: USNS MERCY (AH-19 ) Physical Conditioning Class

Date: **Monday 20 March – Thursday 23 March**  
Time: **0630 – 0715**  
Location: **Hampton Roads Convention Center. Enter main entrance, and turn right. Exercise area is located at the end of the hallway.**

**March 20 Monday:** Yoga for Health

**March 21 Tuesday:** Running Clinic and Cadence Call Formation  
- PT with the Marines!

**March 22 Wednesday:** The Aerobic Workout with Abdominal Sculpting

**March 23 Thursday:** Yoga for Health



## **NEHC Conference Daily Morning Exercise Sessions**

**March 20 Monday: Yoga for Health:** Instructor Janet Mano, a certified Yoga Fit Level 4 Instructor, will lead you through the basics of yoga in a precise, easy-to-follow way. Covers a full range of yoga postures and relaxation techniques. Learn and practice pose sequences that can form the foundation of your daily practice. Combat office tension through yoga techniques. Participants will learn techniques that can be integrated into their daily life to energize body, mind and spirit.

Ms. Janet Mano, MS, RN

Division Head, Health Promotion, Naval Hospital, Bremerton, WA

## **March 21 Tuesday: Running Clinic and Cadence Call Formation**

**– PT with the Marines!** Learn basic guidelines for running safely and injury free, AND exercise with the Marines! Service men and women must both develop and maintain levels of physical fitness for the physically demanding tasks they perform; however, the routine physical activity necessary to achieve and sustain fitness can result in training related injuries. Basic strategies for reducing the incidence of injury will be presented by Dan Trone, one of the Navy's leading musculoskeletal injury epidemiologists. A 25-minute cadence call formation will be instructed by an elite USMC Instructor.

Mr. Daniel W. Trone, MA

Head, Musculoskeletal Injury Epidemiology

Naval Health Research Center, San Diego, CA

## **March 22 Wednesday: The Aerobic Workout with Abdominal**

**Sculpting:** A fun and action packed aerobic and abdominal workout led by instructor Jennifer Person. The Aerobic Workout combines fat-burning aerobic movements, muscle-building exercises, and stretching into routines that are performed to music. This class is designed to meet the needs of all fitness levels. Get a firm flat midsection with the best abdominal exercises. Abdominal Sculpting will showcase several abdominal techniques that will provide attendees a super sculpting abdominal routine.

Ms. Jennifer Person, RD, LD

Nutrition Program Manager

Navy Supply Command (NAVSUP), Mechanicsburg, PA

**March 23 Thursday: Yoga for Health:** Instructor Janet Mano, a certified Yoga Fit Level 4 Instructor, will lead you through the basics of yoga in a precise, easy-to-follow way. Covers a full range of yoga postures and relaxation techniques. Learn and practice pose sequences that can form the foundation of your daily practice. Combat office tension through yoga techniques. Participants will learn techniques that can be integrated into their daily life to energize body, mind and spirit.

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